

## What is True Freedom?

Part of true freedom is having good health ... so that we can actively serve God, help others, and be good citizens of our world.

### Diabetes

Once there were two Kurds. One was named "Mary", the other was named "Jane". "Mary" was raised in the city but never had the opportunity to go to school. She married at an early age and raised 8 children. She was a poor widow and lived with one of her sons and his family. "Jane" was the wealthy granddaughter of a feudal landlord. She was married and had six children.

Mary and Jane had very different lives but they had four things in common: (1) they ate lots of delicious Kurdish food every day (like their ancestors did), (2) every day they sat a lot and didn't work inside or outside, (3) they were both overweight, and (4) they both had diabetes.

The doctor told both Mary and Jane that they would get very sick from the diabetes. They must make some changes in their lives. The doctor said:

- stop smoking
- lose some weight
- walk for 30 minutes every day
- put lotion on your feet so they don't get cracked
- drink a lot of water (8 glasses a day)
- DON'T eat a lot of rice and white bread
- eat more vegetables, beans, grapefruit and sour pomegranates
- eat boiled or baked food
- DON'T eat fried food
- use much less oil in all of your cooking
- DON'T put sugar in your tea
- use sugar substitute
- DON'T drink Pepsi or Coke orange drink
- DON'T eat sweet things

Mary listened to the doctor and made some changes. "I can make some changes," she said. And she did. She went for a walk outside every day, or if the

weather was bad she walked up and down the stairs in her house. Two to three times a day she put lotion on her feet to keep them from cracking. She stopped smoking. She stopped drinking Pepsi and orange drink and just drank water or tea with sugar substitute in it. She drank more water. She ate brown bread instead of white and cut back on her portions of rice. She only ate boiled chicken and meat patties. When she visited her friends' homes, she rarely ate cake or baklava when she visited her friends. She usually ate just a few nuts and seeds instead of anything sweet. If she got hungry when she was at home, she ate some salad or vegetables or warmed up some vegetable soup. She used less oil in her cooking in general. The result of her change in diet and exercise was that she lost some weight and she felt better. She didn't understand "how" all the changes affected her, but she enjoyed the result of feeling better. She lived a long life with pretty good health and enjoyed seeing her grandchildren grow up.

Jane also listened to the doctor and told her friends, "I'm following the doctor's orders," but in reality she never changed anything. "It's my fate," she said. She smoked all the time. She rarely walked for exercise - she always drove her car everywhere. She drank Pepsi every day and put as much sugar in her tea as she wanted to. She ate LOTS of white rice and bread, just like she had always done. She ate fried kotilk and eggs and chicken. She always ate and drank whatever she wanted. (She was so stubborn!) She never put lotion on her feet because she thought it was too much trouble. Although she regularly took her medicine and went to the doctor every month, Jane suffered a great deal from her diabetes. Her legs hurt a lot. The skin on her feet cracked. She had some sores on her feet that never healed. She gradually lost her eyesight. Sometimes she had terrible tooth aches and had to go to the dentist to get them pulled. Although Jane was intelligent and had graduated from high school, she didn't change anything in her life. She died from a heart attack when she was only 52 years old. Some of her children were still young and they grew up without a mother.

Who had true freedom? Mary or Jane?

"The mother-in-law says to the wall  
what she wants her daughter-in-law to hear."

## **Good Health!**

Eat this food if you want to have good health  
And if you don't want to get diabetes:

vegetables – salad – fruit  
boiled white chicken meat and red meat and eggs  
tea – coffee (with just a LITTLE sugar in it)  
water (LOTS of it) – fruit juice (a little) – yogurt drink  
boiled meat patties (with tomato sauce, yogurt, or lentils)  
small meals (4-5 times a day)

*Don't* eat this food if you have diabetes:

sweet fruit  
cookies – cake – chocolate – candy – baklava  
fried chicken and meat and eggs and eggs  
sugar – sweet foods  
Pepsi – Coke – orange drink  
fried meat patties  
big meals (1-2 times a day)